

Guudmarka Kooban: Qiimaynta Isticmaalka Daryeelka Caafimaad ee Fogaan-arraga iyo Mahadhooyinka Dadka Ka Diiwaangashan Barnaamijka Medical Assistance (MA) ee Minnesota

Natiijooyinka laga helay Daraasadda Hababka Kala Duwan Loo Adeegsaday ee ay Bixiyeen Dadka Diiwaangashan iyo Bixiyeyaasha

Macluumaadka Aasaasiga ah

2021, Waaxda Adeegyada Aadanaha ee Minnesota (DHS) waxay heshiis la gashay Wilder Research si ay u samayso daraasad ku saabsan isticmaalka daryeelka caafimaad ee fogaan-aragga ee dadka ka diiwangashan barnaamijyada Minnesota Health Care Programs (MHCP), iyadoo si gaar ah diiradda loo saarayo barnaamijka Medical Assistance (MA). Daraasaddan awgeed, daryeelka caafimaad ee fogaan-aragga waxaa lagu qeexay inuu yahay ku helida daryeel caafimaad fiidiyow ama wicitaan ahaan. Warbixintani waxay soo koobtay natiijooyinka laga helay daraasaddan si wax looga qabto siyaasadda iyo hawlaha khuseeya daryeelka caafimaad ee fogaan-aragga ee loogu talagalay dadka ka diiwaangashan barnaamijyada MHCP ee Minnesota. Warbixintani waxay isticmaashaa soo gaabinta “MA” oo ka dhigan tirada dadka ka diiwaangashan barnaamijyada Medical Assistance (tusaale, “Dadka iska diiwaangeliyay MA”).

Wilder Research waxay adeegsatay habab kala duwan si ay u dhamaystirto qiimayntan, oo ay ku jiraan sahan lagu sameeyay 2,985 dadka ka diiwaangashan barnaamijka MA oo si aan kala sooc lahayn loo soo xulay, 2 dood kooxeed iyo 28 wareysi oo lala yeeshay dadka barnaamijka MA ka diiwaangashan, iyo 26 wareysi oo lala yeeshay bixiyayaasha caafimaadka habdhaqanka ee u adeegga dadka ka diiwaangashan barnaamijka MA. Bilowga ilaa dhammaadka daraasadda, DHS iyo Wilder Research waxay la falgaleen kooxo kala duwan oo shakhsiyaad ah oo ka diiwaangashan barnaamijka MA si ay u hagaan daraasadda oo ay u hubiyaan habka dhaqan ahaan loo dhan yahay oo bulshadu ka warqabto.

Daryeelka caafimaad ee fogaan-aragga (telehealth) ayaa noqday mid si weyn loo adeegsado

Ku dhawaad laba ka mid ah saddexdii qof ee jawaabta ka bixisay sahanka ayaa sheegay inay heleen daryeelka caafimaad ee fogaan-aragga mar ka mid ah noloshooda (62%), oo qiyaastii kala-bar ayaa sheegtay inay heleen daryeelka caafimaad ee sannadkii hore (51%).

Boqolkiiba lixdan ka mid ah dadka la waraystay ee adeegga helay (iyo qaar ka mid ah ka qayb qaatayaasha dood kooxedyada ee ku sugan magaalada) waxay u haysteen in daryeelka caafimaad ee fogaan-aragga ay u fiican tahay

arrimaha daryeelka caafimaadka ee fudud balse ma ahan arrimaha adag oo u baahan kara dhiig ama saxarro qaadid ama baadhitaano. Dad badan oo adeeg-qaatayaal ah ayaa nala wadaagay in daryeelka caafimaad ee fogaan-aragga ay u isticmaaleen baahiyahooda caafimad ee habdhaqan, sida caafimaadka maskaxda, waxayna doorbidayaan ayna qorsheynayaan inay sii wadaan.

Marka laga hadlayo daryeelkooda mustaqbalka, 73% dadka ka jawaab-celiyay sahanka ayaa sheegay inay xiisayn doonaan inay helaan daryeel caafimaad iyagoo adeegsanaya daryeelka caafimaad ee fogaan-aragga (telehealth), oo ay ku jiraan 46% xiisaynaysa fiidiyow ahaan ama wicitaan ahaan, 17% xiiseynaysa wicitaan ahaan oo kaliya, iyo 10% xiiseynaysa muuqaal ahaan oo kaliya.

Bixiyeyaasha iyo dadka ka diiwaangashan barnaamijka MA waxay arkaan tayada daryeel ee u dhexeysa daryeelka caafimaad ee fogaan aragga iyo daryeelka fool-ka-foolka ah

“Runtii ma arag wax farqi ah oo xagga tayada ah, balse waxay ku kala duwan yihiin mahadhooyinka. Runtii waxaan haystaa daryeel bixiyeyaal heer sare ah waxayna qabtaan hawl wanaagsan hadday tahay daryeelka caafimaad ee fogaan aragga iyo daryeelka fool-ka-foolka ah.” - adeeg-qaate

“Waa wax wanaagsan in wax la sameeyo beddelka aan waxba la qaban lahayn. Aan ka soo qaadno inaan la inoo oggolayn inaan samayno [telehealth] oo kaliya la oggol yahay fool-ka-fool, macaamiisheenu aad ayay u dhibtoon doonaan. Daryeelka caafimaad ee fogaan-aragga waa inuu noqdo ikhtiyaar ay heli karaan macaamiisha, balse sidoo kale ay isticmaali karaan bixiyeyaasha. Uma shaqayn karno sidii aan u shaqayn jirnay 20 sano kahor. Waa inaan helno fursado badan oo macaamiishu ay kala dooran karaan.” - bixiyaha/daryeel-bixiyaha

Guud ahaan, badankood dadka ka jawaab-celiyay sahanka ayaa isku raacay inaysan jirin farqi u dhexeeya tayada daryeelka caafimaad ee fogaan-aragga iyo daryeelka fool-ka-foolka ah marka loo eego adeegyada ay heleen. Dadka aqoonsaday inuu farqi u dhexeeyo, boqolley sare ayaa sheegtay in daryeelka fool-ka-foolka ah uu noqon doono mid tayo sare leh (Jaantuska 1-aad).

Jaantuska 1-aad. Jawaabaha dadka ka diiwaangashan barnaamijkaMA ee khuseeya tayada daryeelka

Jawaabaha dadka ka diiwaangashan barnaamijka MA	Daryeelka fogaan-aragga ^a	Fool-ka-fool	Farqi uma dhexeeyo
Waxaan heli lahaa daryeel wanaagsan haddii aan ku kulmi lahayn... (N=1,421)	5%	35%	61%
Bixiyahaygu si taxaddar leh ayuu ii dhegaysan lahaa haddii aan ku kulmi lahayn... (N=1,415)	6%	32%	62%
Waxaan si wanaagsan ula wadaagi lahaa fikirkayga iyo aragtidayda bixiyahayga daryeelka caafimaadka haddii aan ku kulmi lahayn... (N=1,436)	10%	34%	56%

Jawaabaha dadka ka diiwaangashan barnaamijka MA	Daryeelka fogaan-aragga ^a	Fool-ka-fool	Farqi uma dhexeeyo
Waxaan awood dheeraad ah u yeelan lahaa gaarista go'aanada saamaynaya caafimaadkayga haddii aan ku kulmi lahayn... (N=1,418)	6%	31%	63%
Waxaan balanta ka soo bixi lahaa anigoo dareemaya kalsooni badan oo ah inaan maarayn karo caafimaadkayga iyo daaweyn kasta oo lagama maarmaan ah haddii aan ku kulmi lahayn... (N=1,428)	7%	35%	58%

Ogsonow. Boqolleyda marka la isku daro ma noqon karaan 100% iyadoo ugu wacan in lambarrada la soo gaabiyay.

^a Ikhtiyaarkan jawaabeed ma kala saarin noocyada kala duwan ee daryeelka caafimaad ee fogaan-aragga (tusaale, maqal-kaliya, muuqaal-kaliya, maqal-muuqaal).

Markii wax laga weydiiyay adeegyada mustaqbalka, sababaha jawaab-bixiyeyaashu ku soo warrameen inay u doorbidayaan daryeelka fool-ka-foolka waxaa ka mid ah:

- Isaga iyo bixiyihiisa ayaa awoodi lahaayeen inay si wanaagsan isu maqalaan isuna arkaan (67%)
- Raaxo ayuu dareemi lahaa hadduu bixiyihiisa si furan ula hadlo (54%)
- Bixiyihiisa ayaa si wanaagsan si fool-ka-fool ah wax ugu sharrixi kara (51%)
- Caqabaduhu waxay noqon doonaan kuwo yar inta lagu gudajiro ballanta lagu jiro (51%)
- Bixiyihiisa waa inuu tabashooyinkiisa caafimaad u qiimeeyo si fool-ka-fool ah (45%)

Hal meelood ka mid ah saddex meelood bixiyeyaasha (9 ka mid ah 26) iyo 60% ka mid ah bixiyayaasha adeegga ee la waraystay waxay muujiyeen in daryeelka caafimaad ee fogaan-aragga (oo lagu dhex qeexay inuu yahay waraysiyada fiidiyow iyo wicitaanada telefoon ee lala yeesho dhakhtarka, kalkaalisada dhakhtarka, daaweeyaha, ama bixiye kasta oo kale, balse ma ahan kalkaaliyeyaasha, ballan qabtayaahsa, ama shaqaalaha xafiiska), uu gacan ka geysto dhisidda cilaqaadyada, wuxuuna wanaajiyaa isku xirnaanta iyo wadaxiriirka iyadoo loo marayo isdhexgal joogto ah oo soo noqnoqda iyo ka qayb qaadashada bukaanada. Intaas waxaa dheer, inta badan adeeg-qaatayaasha la waraystay iyo ka qaybgalayaasha dood kooxeedyada waxay sheegeen inay dareemaan nafis iyo badqab badan (oo ay ku jiraan sababaha la xiriiira COVID iyo sababaha badqabka ee la xiriiira bulshada ama cilmi-nafsiga) marka la helayo adeegyada caafimaad ee fogaan-aragga. Si kastaba ha ahaatee, bixiyeyaasha qaarkood waxay dareemeen in bukaanada iyo xubnaha qoyskoodu ay si sahlan isaga daayaan adeegyada caafimaad ee fogaan-aragga waxaana aad u adkaan kara in xiriiro cusub lala sameeyo bukaanada adeegsanaya daryeelka caafimaad ee fogaan-aragga.

Dadka ka diiwaangashan barnaamijka iyo bixiyeyaasha waxay aaminsan yihiin in daryeelka caafimaad ee fogaan-aragga uu kordhiyo fursadaha helitaanka daryeelka

“Wax wanaagsan ayay ahayd maadaama ay dammaanad qaadayso inaan dhab ahaantii ka qaybgeli karo shirarka/fadhiyada. Kahor inta aan helin adeegyada caafimaad ee fogaan-aragga, waa inaan gaari u soo raaco rugaha caafimaadka. Inta badan adeegyadu waxaa la bixiyaa maalintii waxayna iiga baahan doonaan inaan fasax ka qaato shaqada. Daryeelka caafimaad ee fogaan-aragga, wuxuu kordhiyaa inaan helno adeegyada aan u baahanahay.” - adeeg-qaate

Saddex ka mid ah laba meelood dadka jawaabta ka bixiyay sahanka ee helay adeegyada caafimaad ee fogaan-aragga sannadkii la soo dhaafay (65%) ayaa sheegay in adeegyada caafimaad ee fogaan-aragga ay u suurto gelisay inay helaan daryeel caafimaad oo aysan sida kale heli lahayn. Daryeelka caafimaad ee fogaan-aragga waxaa laga yaabaa inuu si gaar ah waxtar ugu leeyahay inay adeegyada helaan dadka diiwaangashan ee jinsiyadaha/qawmiyadaha qaarkood ka tirsan, dadka diiwaangashan ee ku sugan miyiga, kuwa diiwaangashan ee helay adeegyada caafimaadka habdhaqanka, iyo dadka diiwaangashan ee da'da yar (sida, kuwa da'doodu tahay 49 jir iyo wixii ka yar marka la barbardhigo dadka diiwaangashan ee'doodu tahay 50-64 jir). Intaas waxaa dheer, ku dhowaad bixiyeyaasha oo dhan (25 ka mid ah 26 bixiye) ayaa nala wadaagtay in daryeelka caafimaad ee fogaan-aragga uu ka caawisay dhimista caqabadaha helitaanka adeegyada bukaankooda. Sababo la xiriira helitaanka adeegyada ee la wanaajiyay awgood, bixiyeyaasha waxay ogaadeen kororka ka faa'iidsiga adeegyada bukaanada kuwaasoo inta badan aan raadsan daryeel iyo daryeelka joogtada ah oo la isku halleyn karo ee loogu talagalay bukaanada oo dhan.

Gaar ahaan, dadka jawaabta ka bixiyay sahanka adeegyada daryeelka caafimaadka ee ugu badan waxay heleen adeegyada caafimaad ee fogaan-aragga oo sida kale aysan heli lahayn waxaa ka mid ah:

- Daawaynta caafimaadka maskaxda (52%)
- U booqashada dhaqtarka dhaawaca ama jirrada (34%)
- Booqashada khabiiir ku takhasusay daaweynta xaalado gaar ah ama qaybaha jirka (28%)
- Booqashada kahortagga ah ee dhakhtarka (25%)
- Daawooyinka ama qalabka caafimaadka (25%)

Marka la eego helitaanka adeegyada, ku dhawaad kala-bar ka mid ah dadka jawaabta bixiyay waxay dareemeen inaysan jirin wax farqi ah oo u dhexeeya daryeelka caafimaad ee fogaan-aragga iyo daryeelka fool-ka-foolka. Si kastaba ha ahaatee, dadka sheegay in mid uu ka fiican yahay kan kale ayaa inta badan yiraahda daryeelka caafimaad ee fogaan-aragga ayaa fudud in la helo (Jaantus 2-aad).

Jaantuska 2-aad. Jawaabaha dadka diiwaangashan ee ku saabsan helida daryeelka ee ka dhex jirta jawaab-bixiyeyaasha helay adeegyada caafimaad ee fogaan-aragga sanadkii la soo dhaafay

Jawaabaha dadka ka diiwaangashan barnaamijka MA	Daryeelka fogaan-aragga ^a	Fool-ka-fool	Farqi uma dhexeeyo
Gaadiid-raaca ayaa ii fududaan lahaa haddii aan ku kulmi lahayn... (N=1,408)	36%	16%	48%
Wakhtiga sugitaanka ballanta ayaa ii yaraan lahaa haddii aan ku kulmi lahayn... (N=1,416)	26%	17%	56%

^a Jawaabahan ma kala saarayo hababka kala duwan ee daryeelka caafimaad ee fogaan-aragga (tusaale, maqal-kaliya, muuqaal-kaliya, maqal-muuqaal).

Markii wax laga weyddiyay daryeelka caafimaadka mustaqbalka, jawaab-bixiyeyaasha sheegay inay doorbidi lahaayeen daryeelka caafimaad ee fogaan-aragga waxay inta badan yiraahdaan waxaa sabab u ah:

- Ma haysto wakhti aan ku socdaalo (78%)
- Looma baahna in la bixiyo lacagta shidaalka, khidmadda baakinka, iyo kharashaadka kale ee safarka (71%)
- Way fududdahay in la muddaysto (67%)
- Wakhtiyada ballanta la sugayo oo gaaban (56%)
- Looma baahna in shaqada fasax laga qaato (47%)
- Looma baahna in la helo daryeelka ilmaha ama daryeelka waayeelka (34%)

Talooyin ku saabsan daryeelka caafimaad ee fogaan-aragga

Waxaa jiray is-afgarad ballaaran oo ka dhexeeya ka jawaab-celiyeyaasha daraasadda oo dhan oo ah in daryeelka caafimaad ee fogaan-aragga loo bixiyo ikhtiyaar daryeel ahaan. Dadka jawaabta ka bixiyay daraasadda iyo shaqaalaha DHS waxay aqoonsadeen dhowr talooyin oo muhiim ah oo lagu wanaajinayo ama kor loogu qaadayo daryeelka caafimaad ee fogaan-aragga mustaqbalka:

- Sii wadida balaarinta hadda jirta ee daryeelka caafimaad ee fogaan-aragga, oo ay ku jirto ka dhigida caymiska maqal-kaliya, loogu talagalay dadka ka diiwaangashan barnaamijka Medical Assistance iyo MinnesotaCare ilaa macluumaad dheeraad ah laga soo ururiyo si wax looga qabto samaynta siyaasadaha joogtada ah.
- Hubi dooqyada dhabta ah oo xaqsoorka leh ee loogu talagalay bixiyeyaasha iyo dadka ka diiwaangashan MA si ay daryeel u helaan iyadoo loo marayo daryeelka caafimaad ee fogaan-aragga ama daryeelka fool-ka-foolka ah.
- Samee cilmi-baaris dheeraad ah oo ku saabsan falanqaynta isbarbardhiga kharashka iyo faa'idada daryeelka caafimaad ee fogaan-aragga iyo waxtarka caafimaad ee daryeelka caafimaad ee fogaan-aragga.
- Sii wad taageerada sharciyeed si loo oggolaado wadarta guud ee dib-u-bixinta lacagaha ee loo siman yahay ee loogu talagalay daryeelka caafimaad ee fogaan-aragga ilaa laga helo xog dheeraad ah oo wax looga qabto talada ugu dambeysa ee siyaasadda, gaar ahaan marka la eego adeegyada maqalka-kaliya.
- Siyaasadaha mustaqbalka ee daryeelka caafimaad ee fogaan-aragga waa in lagu saleeyaa noocyada kala duwan ee daryeelka (tusaale, caafimaadka habdhaqanka iyo caafimaadka jirka).
- Sii tababar iyo taageero bixiyeyaasha, oo ay ku jiraan kaalmo farsameed, waxbarasho, iyo hubinta tayada.
- Sii wad dadaalka si aad u fahamto sida dhaqanka, aqoonsiga, iyo tirada dadka, iyo arrimaha bulsheed iyo arrimaha qaabdhismeedka bulshada ee la xiriira aqoonsigan (tusaale, dulmiga iyo takoorka), waxay saameeyaan mahadhooyinka daryeelka caafimaad ee fogaan-aragga, oo ay ku jiraan:
 - Dadka diiwaangashan ee ku hela daryeelka luuqad aan Af-Ingiriisi ahayn.
 - Dadka diiwaangashan ee naafada ah iyo/ama indhaha la' iyo dhegoolada ama kuwa maqalku ku adag yahay.
 - Dadka diiwaangashan ee Madow, Dadka Asalka ah, iyo Dadka Midabka leh (BIPOC) iyo kuwa diiwaangashan ee ka midka ah bulshooyin dhaqameed oo gaar ahaan ku sugan Minnesota oo dhan.
 - Carruurta yaryar iyo dadka waaweyn.
 - Sii wad u doodista iyo kala ahmiyad siinta maalgelinta loogu talagalay kaabayaasha daryeelka caafimaad ee fogaan-aragga si loo hubiyo in dadka diiwaangashan ay awoodaan inay helaan adeegyada caafimaad ee fogaan-aragga, oo ay ku jiraan internet-ka iyo aaladaha la isku halayn karo.

Qorayaasha iyo qiridooda

Hogaanka Cilmi-baarayaasha: Megan M. Loew, PhD, iyo xubnaha kooxeed ee Wilder Research (Kristin Dillon, PhD; Melissa Serafin, MA; Bunchung Ly)

Kafiilada Mashruuca: Neerja Singh, PhD, LICSW, LADC iyo Julie Marquardt, MS, DPT

Hagitaan iyo kaalmada muhiimka ah waxaa bixiyay: Caafimaadka Habdhaqanka DHS, Guriyeynta, iyo Maamulka Adeegyada Dadka Maqalka Ku Adag Yahay iyo Dhegoolaha, Maamulka Daryeelka Caafimaadka, iyo shaqaalaha Waaxda Caafimaadka ee Minnesota (MDH) ee ku lugta leh. Waxaan si kal iyo laab leh ugu mahadcelineynaa Matthew Burdick, Nathan T. Chomilo, Megan Dorr, Anne Graham, Kristy Graume, Stefan Gildemeister, Jeffery Hunsberger, Justine Nelson, Daniel Millikin, Pam Mink, Melorine Mokri iyo Diogo Reis.

Qiraalka: Si daacad ah ahaan u aqoonsannahay adeeg-qaateyaasheena bulsheed ee ku jira barnaamijyada Medical Assistance (MA) iyo MinnesotaCare iyo bixiyeyaasha daryeelka caafimaadka kuwaasoo ku bixiyay waqtigooda, xoogooda, aragtidooda iyo mahadhaddooda nololeed ee ay ku wajaheen Gobolka si loo abuurto Minnesota ballaaran. Waxyaabaha ay nagu soo biiriyeen waxay qiimo u lahaayeen soo saarista warbixintan.

Mahadcelin gaar ah ayaan u haynaa Rachel Cruz iyo Jonathan Neufeld oo ka tirsan Mac'hadka Uruurinta iyo Falanqaynta Xogta Caafimaadka ee Jaamacadda Minnesotawaqtigooda, tamartooda, fahamkooda, iyo khibradaha ay ku biiriyeen mashruucan.

Marka la codsado, macluumaadkan waxaa lagu heli doonaa qaab kale sida daabacaad ballaaran, Farta Indhooleyaasha ama cod la duubay. Waxaa lagu daabacay warqad dib loo warshadeeyey.